

MEET THE TICKS



Blacklegged/
Deer tick

Most common tick found in Pa. **The only tick in Pa. that can spread Lyme disease.** Can also spread anaplasmosis, babesiosis, *Borrelia miyamotoi* disease, and Powassan virus.



American dog tick

Can spread Rocky Mountain spotted fever and tularemia.



Asian
longhorned
tick

Can spread Rocky Mountain spotted fever and Heartland virus, but have not been shown to spread them to humans in the US.



Lone star tick

Can transmit ehrlichiosis, tularemia, Heartland virus, Bourbon virus, and alpha gal syndrome (mammal meat allergy).



Gulf coast tick

Can transmit *Rickettsia parkeri*.

PREVENT TICKBORNE DISEASE

DON'T LET A TICK MAKE YOU SICK



T

Treat clothes and shoes with Permethrin

I

Use Insect Repellent

C

Check for ticks

K

Keep watch for signs & symptoms of tickborne illness



Permethrin & Insect Repellent

Permethrin is a spray that can be applied to clothing and gear to kill insects (like mosquitoes) and arachnids (like ticks). It can last through multiple washes, so it can be applied once and last a long time. It should not be applied to skin.

Insect repellent is a spray that makes it harder for ticks and mosquitoes to find you. In order to protect you, it needs to be applied to your exposed skin every time you go outdoors.

For the most protection, use both!

For more information on tickborne disease in Pa visit:



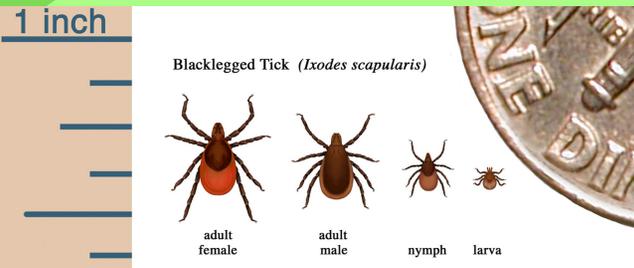
TICKS OF PENNSYLVANIA & THE DISEASES THEY CARRY

What Pennsylvanians Need to Know



LIFE CYCLE & ACTIVITY

Ticks in Pa. have a two or three-year life cycle. During this time, they go through four life stages: egg, larva, nymph, and adult. After hatching, ticks must eat a blood meal at every stage to survive.



FACT OR MYTH?

Ticks die during the winter

MYTH!

Adult ticks can be active when it's above freezing.

WHAT TO DO IF YOU FIND A TICK ON YOU

1. Don't panic!

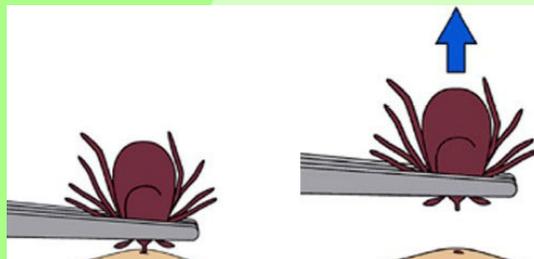
In most cases, a tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted. If you remove a tick quickly (within 24 hours), you can greatly reduce your chances of getting Lyme disease.



If the tick has eaten, it will likely look engorged like the one in the picture on the left. If it has not, it will likely look like the one on the right.

2. Remove and dispose of the tick

Remove the tick using fine-tipped tweezers to grasp the tick as closely to the skin as possible. Pull straight up to avoid any twisting or jerking.



Clean your hands and the bite area with rubbing alcohol or soap.

Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

3. Monitor for symptoms

SYMPTOMS OF TICKBORNE DISEASE

- Erythema Migrans (EM), a type of skin rash
- Headaches
- Fever
- Nausea
- Joint or body aches
- Vomiting
- Diarrhea



EM is a common skin rash that shows up in about 70-80% of people who have Lyme disease.

It may look like a bull's eye and is not usually itchy.

Talk to your healthcare provider if you have a fever or symptoms of tickborne illness, especially after removing a tick.

DO TICK CHECKS

Check your clothing and body for ticks after being outdoors in grassy, brushy, or wooded areas where ticks live!

CHECK THESE PARTS OF YOUR BODY AND YOUR CHILD'S BODY FOR TICKS:



TICK ACTIVITY AND BITE RISK

